



---

## NEWS RELEASE

For Immediate Release:

Nov. 1, 2012

For More Information, Contact:

Tera Miller, MBA, RD, LRD

Division of Nutrition and Physical Activity

North Dakota Department of Health

Phone: 701.328.2698

E-mail: [teramiller@nd.gov](mailto:teramiller@nd.gov)

### **National Diabetes Month Observed In November**

#### ***Small Changes Can Prevent Diabetes and Its Complications – Rethink Your Drink***

BISMARCK, N.D. – The North Dakota Department of Health is encouraging everyone to “rethink your drink” during National Diabetes Month observed in November. Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. In North Dakota, diabetes affects more than 37,000 people.

The North Dakota Department of Health’s Diabetes Prevention and Control Program wants to help North Dakotans better understand how to make the necessary changes in their day-to-day life in order to prevent type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives.

“Small changes over time can have a big impact,” said Tera Miller, Diabetes Prevention and Control Program director. “We urge everyone to rethink what you drink. It’s important to remember that what we drink is as important as what we eat.”

Many beverages contain added sugar and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Make better beverage choices by following these tips:

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- Carry a water bottle around and refill throughout the day for a quick, easy and cheap thirst-quencher.
- Keep a jug or bottles of cold water in the fridge versus sugary beverages.
- Serve water with meals.
- Make water exciting by adding a slice of lemon, lime, cucumber or watermelon, a sprig of mint, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Choose the smallest size possible when splurging for a sugary beverage.
- Choose low-fat (skim) milk instead of whole milk.
- Be a role model by choosing healthy, low-calorie beverages.

– more –

Follow these tips to reduce the calories in your coffee shop drink:

- Request fat-free (skim) milk instead of whole milk.
- Order the smallest size available.
- Skip the extra flavoring used in coffee shops, like vanilla or hazelnut.
- Skip the whip.
- Get back to basics and order a plain cup of coffee with fat-free milk and a touch of sugar, or drink it black.

How does your drink add up?

<b>Beverage</b>	<b>Calories in 12 ounces</b>	<b>Calories in 20 ounces</b>
Flavored latte w/ whole milk	220	370
Apple juice	180	300
Lemonade	168	280
Flavored latte w/ skim milk	150	250
Lemon/lime soda	148	247
Regular cola	136	227
Sport drink	99	165
Fitness water	18	36
Coffee (black)	5	5
Unsweetened iced tea	0	0
Water	0	0

“For people at risk for developing type 2 diabetes, losing 5 percent of your weight, or 10 pounds if you weigh 200 pounds, can make a big difference in lowering your risk,” said Miller.

A healthy weight loss is 1 to 2 pounds per week, which translates to cutting roughly 500 calories a day to lose one pound per week. This can be done by reducing the number of calories we take in through both food and drink.

For more information, contact Tera Miller, North Dakota Department of Health, at 701.328.2698.

– 30 –

*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.nddohpressroom.gov](http://www.nddohpressroom.gov). Visit us on Facebook at [www.facebook.com/ndhealth](http://www.facebook.com/ndhealth).*